



THRIVE: Intentional programs that lead to academic success

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INTRODUCTIONS



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INTENTIONALITY & ASSUMING

Assumption One:

We do the best we can with what we know at a given time

Assumption Two:

When we know better we often do/chose better.

Combating Negative Assumptions About Students By
Establishing Unconditional Positive Regard



UNCONDITIONAL POSITIVE RE COINED BY CARL ROGERS

“In my early professional years I was asking the question: How can I treat, or cure, or change this person? Now I would phrase the question in this way: How can I provide a relationship in which this person may use for their own personal growth?”

-Carl Rogers, Father of Humanistic Psychotherapy

An attitude of complete acceptance towards another person despite of their failings and faults.

This is not permissive, rather it stems from a belief in the person as a complete, whole and capable human being.



"You're not trying hard enough"

VS

" I see your efforts What's working
for you and how can we increase
your access to what's working"



BEYOND BASIC

STUDENT WELLNESS ADVOCACY

- *Beyond Basic* is a four hour training that educates participants in specific campus resources that support students experiencing food and housing insecurity
- Beyond that, it allows students to strengthen and grow in their *Eight Dimensions of Wellness*: emotional, financial, environmental, intellectual, social, occupational, physical and spiritual.
- Going “Beyond Basic” is an approach that develops student wellness advocates with crucial knowledge, strategies, and tools that strengthen and deepen their day-to-day work with students.
- Implementation occurred through SB85 funding



BEYOND BASIC

STUDENT WELLNESS ADVOCACY

Section 1: History, data, and framework

- Learn about student basic needs insecurities
- Learn about the 8 Dimensions of Wellness

Section 2: Cal State LA Wellness Resources

- Learn about the available Cal State LA resources that address basic needs and wellness

Section 3: Student Wellness Advocacy

- Learn about how to be a Student Wellness Advocate
- Learn about how to go Beyond Basic



PANTRY TO PLATE

LIVE COOKING DEMOS

- 45-60 min cooking workshops
- Teaches students basic cooking skills
- Easy, Affordable, & Healthy recipes with ingredients from the Cal State LA Food Pantry
- Budgeting Tips by students for Students
- Teaches them how to maximize their CalFresh dollars





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Contact Us

